



# thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

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www.kstatecollegian.com

## State, national talking points

By CHLOE CREAGER  
THE COLLEGIAN

### Federal Government reaches settlement with Kansas over alleged pension fraud

The National Securities and Exchange Commission announced Monday that they had reached a settlement with the state of Kansas over a fraud charge that stemmed from an alleged misleading of investors about the financial state of its public employee pension. During the time period of the alleged fraud, 2009-10, Kansas had the second worst underfunded pension system nationwide.

"Kansas failed to adequately disclose its multibillion dollar pension liability in bond offering documents, leaving investors with an incomplete picture of the state's finances and its ability to repay the bonds amid competing strains on the state budget," said LeeAnn Ghazil Gaunt, chief of the agency's enforcement unit, in an Aug. 11 Associated Press article.

In a written statement, Gov. Sam Brownback said that he had made restoring the Kansas Public Employees Retirement System a priority when he took office in 2011.

### World Health Organization recommends putting legal restrictions on e-cigarette usage

According to the World Health Organization, governments should ban usage of electronic cigarettes indoors and in public places, similar to laws regarding regular cigarettes. It also called for stronger regulations on the e-cigarette's cartridges' nicotine amounts, as well as a ban on flavor types that could appeal to children.

These recommendations result from both the short amount time that e-cigarettes have been on the market and a lack of long-term studies that would demonstrate whether they have negative effects or not. The organization calls for these regulations to be placed, "until exhaled vapor is proven to be not harmful to bystanders."

Ultimately, the U.N. based organization has no actual authority to enforce these regulations, but is willing to send delegates to governmental meetings to endorse the measures.

### Child accidentally shoots instructor in Arizona, stimulates gun control debates further

Charles Vacca, a 39-year-old shooting instructor from Lake Havasu City, Arizona, was hit by recoil from an Uzi and killed after a 9-year-old girl, who remains unnamed, was given permission to shoot the weapon at a firing range.

Gerry Hills, founder of Arizonans for Gun Safety, said it was reckless for the girl's parents to allow her to shoot such a powerful weapon, and is using the incident as a rallying point for tighter gun control.

Jace Zack, chief deputy of the Mohave County Attorney's Office, however, doesn't hold the parents responsible. Zack was quoted in a Topeka Capital-Journal article saying that, "they trusted the instructor to know what he was doing, and the girl could not have possibly have comprehended the dangers involved."

No charges are being filed in the case. The Scottsdale Gun Club, where the accidental shooting occurred, has been operating for 14 years and has never had any previous safety problems. The range's policy regarding the minimum age of shooters is currently under review.

## Pedal Patrol

RCPD's bicycle police share their stories, techniques for riding the streets



GEORGE WALKER | THE COLLEGIAN

Officers **Mike Dunn** and **Chris Comes** patrol Aggieville on Wednesday. Officers on bikes experience many advantages over officers in patrol cars, as they are able to see, smell and hear what's happening in the Manhattan community more readily than their counterparts.

By SHELTON BURCH  
THE COLLEGIAN

A common misconception about bicycle police officers is that they are undergoing some form of punishment. However, Riley County Police Department bike officers insists this is not the case.

"Where some people think it's a punishment, it's (actually) a commitment that everyone on the team wanted and asked for and has to work to keep," said officer Matthew Droge, public information officer for the RCPD and one of the bike instructors in the department. "It is definitely a dedicated

group of officers that's for sure."

Becoming a bike officer is not an easy task, Droge said. First, one of the 10 team positions has to open up. Officers applying for the "bike team" have to be employed with RCPD for two and a half years prior, to make sure they understand how the department works and the community's expectations.

"After you apply, if you get selected for the team, you go basically to bike school," Droge said. "It's a week long, 32 hours, plus the (shooting) range. There's a classroom, there's a written test and there's a skills tests. If you pass all that, you get your bike uniform and you're a bike cop."

Officer Mike Dunn patrols on bike, as well as instructs other officers on the team.

Dunn said he has been a bike officer for approximately four years; two and a half as a member of the Emporia Police Department, and one and a half years with RCPD.

Dunn said there are two bike officers per shift who usually stay near Aggieville and residential areas. Dunn said he and his partner, officer Chris Comes, patrol the area on bike during their eight-hour shifts.

"We will ride around the areas kind of around the Aggieville area and the residential areas around the park, specifically working on traffic," Dunn said. "Then, in the evening hours when it gets darker, we'll start to focus on alcohol violations and stuff like that."

CONTINUED ON PAGE 5, "RCPD"

## Pumping up the pride with Purple Power Play

By EMILY MOORE  
THE COLLEGIAN

With the football season's first home game scheduled for Saturday, Manhattan City Park will be teeming with Wildcat fans today and Friday for the annual Purple Power Play in the Park.

According to the event's website, Purple Power Play has become one of the largest events in Northeast Kansas, with approximately 20,000 people in attendance between the two days. Along with the 80 vendors registered for Purple Power Play, there will also be entertainment from K-State performances groups, like the Tap Dance Ensemble.

"Well, its one of our biggest audiences all year, mostly because

it's the entire Manhattan community and they are there to come and support K-State," said Jamie Teixeira, senior in English and K-State tapper.

To the tappers, this year is not just the same old song and dance. After having added seven new members since last year, the ensemble team is performing at Purple Power Play with a larger group.

"We have a much bigger team," Teixeira said. "Last year, we had about 13 tappers and this year we have 20."

With its growing popularity, the coordinators of Purple Power Play have kept up to keep the event engaging. Willie the Wildcat is available both evenings for pictures until 7 p.m., and K-State fans have a chance to show their school spirit during the pep rally that be-



CHANDLER RILEY | THE COLLEGIAN

**Aaron**, 10, and **Emily**, 8, gaze at a yellow ball python at a booth during Purple Power Play in the Park Aug. 28, 2013, in Manhattan City Park.

### Dance performances:

- K-State Tap Dance Ensemble
- Bates Dance Studio
- Washington Dance Studio

### Musical performances:

- Rusty Rierson & Band
- MHS Pop Choir
- Annie Up

gins at 8:05 p.m. each evening. A fireworks display at sundown is scheduled for Friday to bring Purple Power Play to a close.

"Hopefully, as the event goes

on each year, more and more people come from all over Manhattan to support Kansas State University and all the clubs and activities," Teixeira said.

### INSIDE



**5** Mindful eating can help control weight, food's influence on us



**6** Volleyball star Katie Brand is back after stellar freshman year

### INTERACTIVE

## Calling all readers!

Send us a photo that captures your first-week-back experience for a chance to have it published in Friday's issue!

Tweet at us, post on our Facebook page or email your submissions to our photo editor Taylor Alderman at [talderman@kstatecollegian.com](mailto:talderman@kstatecollegian.com) by Thursday at 5 p.m.



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34 Jazz style  
36 Gambling game  
37 Talkative  
39 Chart  
41 Profit  
42 Slight touch

**44** Breathe laboriously  
**46** "Song of Hia-watha" tribe  
**50** Antique  
**51** Caffeine source  
**52** Fund-raising events  
**56** Bar  
**57** Bedouin  
**58** Upper limit  
**59** — -retentive  
**60** Anger  
**61** Attempt

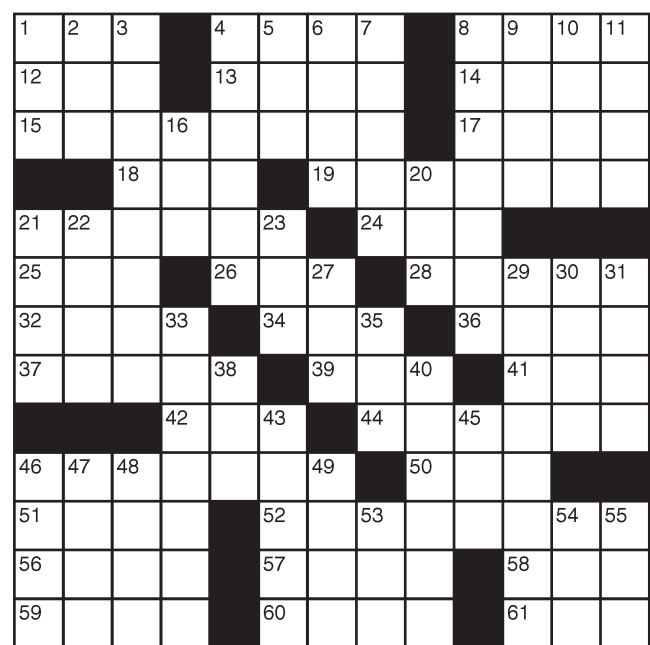
**DOWN**

1 "Great!"  
2 "Rocks"

**Solution time: 25 mins.**

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**Yesterday's answer 8-28**



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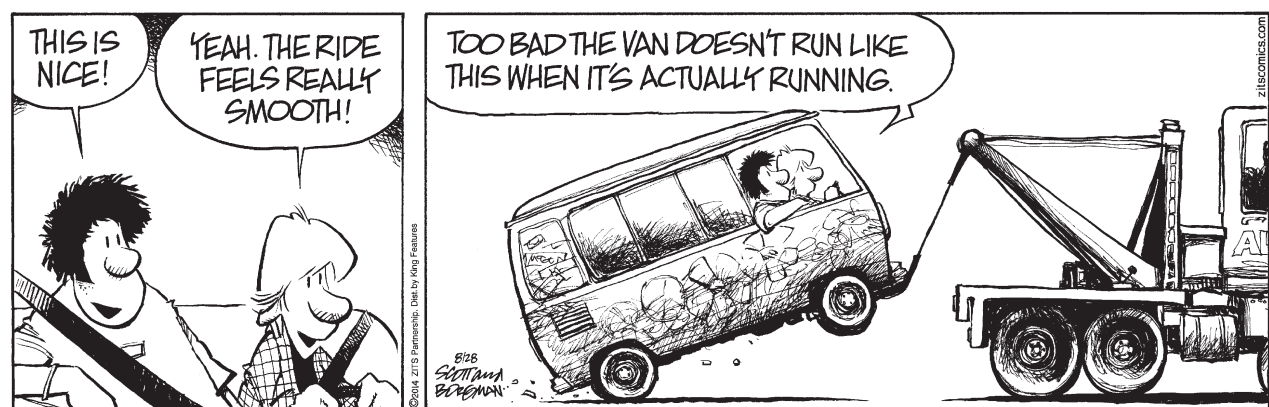
Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

## CORRECTIONS

Because of a Collegian error, Stephen F. Austin's name was misspelled in a photo caption on the Sports page Wednesday. Because of a Collegian error, Carlos Morales' major and year were incorrectly listed on the front page Wednesday. Morales is a senior in architectural engineering. The article on the "Can I Kiss You?" presentation on the front page of Wednesday incorrectly listed the writer. The reporter on the story was Chloe Greager. The Collegian incorrectly listed the source of funding for the Union's renovation on the front page Wednesday. The funding comes from K-State students. Additionally, Audrey Taggart-Kagdis said the construction architectural drawings would take a few months to complete, not the process of selecting the construction architects. If you see something that should be corrected or clarified, call managing editor Jon Parton at 785-532-6556 or email [news@kstatecollegian.com](mailto:news@kstatecollegian.com).

## Zits | By Jerry Scott and Jim Borgman



## the FOURUM

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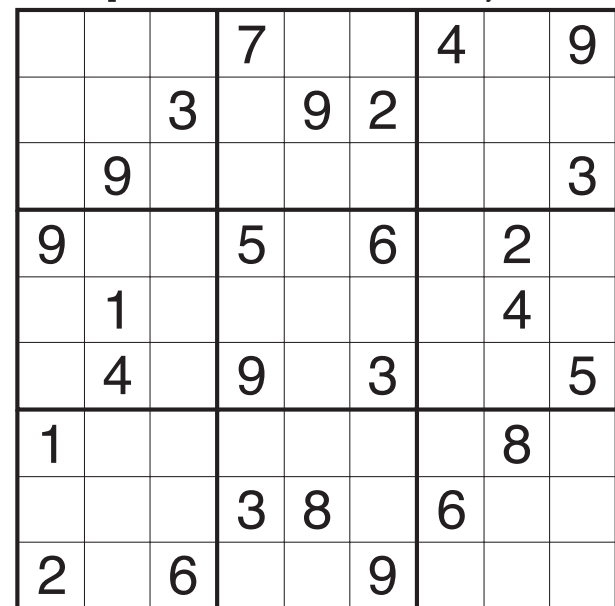
The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

**"Opinions** and fish: Possessing opinions is like possessing fish, assuming one has a fish pond. One has to go fishing and needs some luck – then one has one's own fish, one's own opinions. I am speaking of live opinions, of live fish. Others are satisfied if they own a cabinet of fossils – and in their heads, 'convictions.'" Friedrich Nietzsche

**Just** went paddle boarding! Check em out! #kayaking #paddleboarding #canoeing #watersports

To submit your Fourum contribution, call or text 785-260-0207 or email [thefourum@kstatecollegian.com](mailto:thefourum@kstatecollegian.com). Your e-mail address or phone number is logged but not published.

## Conceptis Sudoku By Dave Green



Difficulty Level ★★ ★

8/28

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## 8-28 CRYPTOQUIP

U K N X K T W A D H H T Q A  
N Y M G D W X Q I T W H D D H I H X  
V J S S H I D U G S X W D Y H X A D H I D Y .

T H ' W M W H X V - A M V U D M W J Y D .  
**Yesterday's Cryptoquip:** OLD SITCOM ABOUT AN ADVERTISING COMPANY PRODUCING THE VERY BEST MOTTOES: "SLOGAN'S HEROES."  
Today's Cryptoquip Clue: H equals T

## THE BLOTTER ARREST REPORTS

Tuesday, Aug. 26

**Richard Burke Jones, Jr.**, of 725 Highland Ridge Dr., was booked on felony theft. Bond was set at \$2,000.

Everybody has an **opinion.**

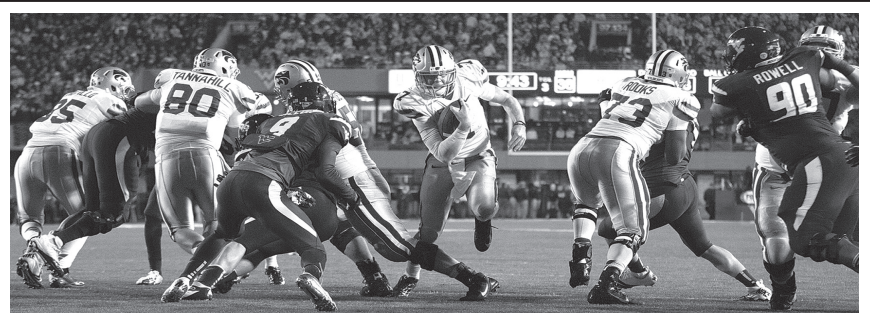
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## UPCOMING EVENTS in Kansas

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[littlebalkansfestival.com](http://littlebalkansfestival.com)

**Kansas City Renaissance Festival**  
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## Running: which path should you take?



LINDSEY STAAB  
THE COLLEGIAN

Here are some important keys to keep in mind next time you head out for a run

Whether you're training for a marathon, booking long hours at the gym or are just trying your toe on the track, running is a universal source of physical activity that most people can do. Athletes all over the world use running as a way to condition and improve heart health, strengthen multiple muscle groups and increase endurance.

Though not all of us are 10K runners, we can agree that finding the right style of running and running smart are important keys to keep in

mind. That being said, there have been disputes for years as to which machines are best for runners, and if running outside is better than running indoors.

There are many misconceptions about treadmill, outdoor and elliptical machine running, but here we will lay some of them to rest.

### Treadmill Running

If you've never seen a treadmill before, it's an exercise machine that features a moving belt to walk or run on. It is often used to simulate outdoor running, without having to involve most natural environmental factors such as inclement weather or road hazards.

For many, it is a great source of exercise that can be done over a lunch hour, without ending up 10 miles away from your starting point. A treadmill also assists leg turnover, meaning it helps propel you to run faster without extra effort on your part, whereas running outside requires

self-propulsion.

According to Susan Paul, an exercise physiologist and program director for the Orlando Track Shack Foundation, some of the soft-tissue conditioning or hardening that can occur with running on the road does not occur with treadmills because the base on a treadmill has more cushion or give than a road surface. Treadmill running is easier and as such can be great for speed work. Paul recommends using the treadmill to help run faster by speeding up the pace for short intervals and slowing it down for recovery intervals.

Treadmills can also be a worthwhile tool for course training. A unique feature of a treadmill is the ability to simulate your goal course. Many treadmills allow you to create a profile that can be used to simulate the exact course you're training for.

One argument against treadmills is that they don't match outdoor running in terms of bodily energy costs or the wind resistance that comes with being outside. However, a study conducted at the Chelsea School Research Centre at University of Brighton in Eastbourne, U.K. shows that a 1 percent increase in the treadmill's grade (or inclination) can offset the lack of wind resistance and match the energy costs, effectively requiring the same effort as outdoor running.

### Disadvantages of treadmills

Of course, there are still valid cons against treadmills. If the only running you ever do is on a treadmill, you may actually be hampering your long-term development.

It can be easy to have a "set it and forget it" mentality when running on a treadmill. Many people choose to lock onto a target pace, which unfortunately doesn't teach you how to find and maintain a pace by yourself. Consequently, the development of your internal effort and pacing instincts can become stunted.

Let's face it, treadmill running can also be downright boring. Without new stimuli awakening your brain and keeping it alert, you begin looking at the clock every 30 seconds and become discouraged that more time hasn't passed since your last



HANNAH HUNSINGER | THE COLLEGIAN

Jasper Hobbs, masters student in geology, runs in Manhattan City Park on Wednesday evening. Hobbs said he was running outside because it was "convenient" and it was "nice out."

glance. You can almost feel the finish line getting closer when you run outside too, providing a more natural sense of the distance traveled and what remains.

"When I used to run outdoors it was because being outside offered a change of scenery and allowed me to feel as if I was going somewhere, making progress with each new location I passed," Alle' Scott, 2014 K-State alumna, said. "On a treadmill, I would see the same parking lot for 2-plus miles ... extremely boring."

### Treadmill vs. elliptical

But what's all the hoopla surrounding elliptical machines these days about? To start, ellipticals are stationary exercise machines used to

simulate stair climbing, walking or running without the excessive pressure on the joints that can be caused by outdoor or treadmill running, thus decreasing the risk of impact injuries.

According to Mayo Clinic, an elliptical machine can be less stressful on the knees, hips and back than running on a treadmill. However, walking on a treadmill exerts about the same force as using an elliptical.

Additionally, some ellipticals are fashioned with movable upper body handles or poles which allow you to exercise both your arms and your legs, at the same time. Most elliptical machines can also pedal in reverse, allowing you to work your calf and hamstring muscles more than

a forward motion alone does.

When using an elliptical machine, it's important to maintain good posture to help achieve the most effective workout. Doing things such as keeping your shoulders back, head up and abdominal muscles tight can contribute to those positive results.

Regardless of which of these three styles suits you best, staying smart about your workout and your body's limitations and needs are crucial. If you take precautions and use common sense, you'll be well on your way to obtaining the results you're running toward.

Lindsey Staab is a senior in mass communications. Please send comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).



HANNAH HUNSINGER | THE COLLEGIAN

Shakera Ross, sophomore in elementary education, runs on a treadmill in the Chester E. Peters Recreational Center on Wednesday night. "I run outside because hot outside," Ross said. "The ground is harder to run on with the changing levels, the treadmill is smooth."

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# K-State students share their advice for what to remember when joining campus organizations

BY SOM KANDLUR  
THE COLLEGIAN

K-State has 385 registered organizations, ranging from a mock trial club to a skydiving club and each organization has a unique appeal, and approximately 200 of them are registered for today's Union Expo & Activities Carnival.

Joining a club or an organization is beneficial to students, beyond just having something to do with their free time at K-State. It's a way to gain real world experience and embrace the overall concept of "family" at K-State.

"It's a good way for students to find out what they're passionate about, what their interests are," said Marcus Kidd, graduate assistant at the Office of Student Activities

and Services in the K-State Student Union. "It's also a good way to connect with other students who have the same passions."

Ashley Douglass, senior administrative assistant at OSAS, said it's important for students to remember is to keep an open mind about organizations and other activities when browsing ones to join.

When picking an orga-

nization, students should pick an organization that has opportunities for personal growth rather than one where they're just another warm body.

"When we talk to students about getting involved, many times they have the perception that they should get involved in as many clubs as possible," said Jared Meitler, campus engagement coordinator at the Career and Employment

Services. "I would typically recommend that rather than do that, they find two or three or four clubs that they can become deeply involved and take up more responsibility over time. That's what's going to appeal to the recruiter."

Choosing the right clubs can have a significant impact on life beyond college. They have the potential to make you feel passionate about things you might not have

even heard about.

Meitler said having a healthy mix between organizations that are along the lines of your industry, as well things you're passionate about, can help define students' futures.

"If it wasn't for the organizations I was involved with in my undergraduate years, I wouldn't have decided to follow my passions and continue on in graduate school with student affairs," Kidd said.



BRIANA HALL  
SOPHOMORE  
GRAPHIC DESIGN

"Get involved; go to all the events that (clubs) have for you and meet people. Part of the experience is finding something you like to do and making the friends in there."



VUNA ADAMS III  
SENIOR  
MARKETING

"Join an organization that's going to help you grow – not just in your profession or what you want to do, but also one which is going to help you develop your leadership skills and help you learn more about yourself."



MARQUIX ADAMS  
SOPHOMORE  
CHEMICAL ENG

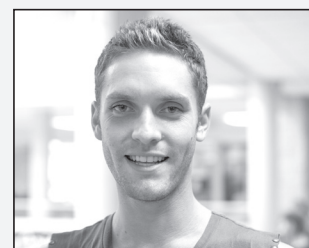
"Don't be afraid to go out of your comfort zone. Go out, experiment and see what you can handle. It never hurts to try."



TAYLOR MANN  
JUNIOR  
BIOLOGY

"Even if you think you know what your interests are, go ahead and explore a little bit. You can sometimes find people who are more like you than you think you would find."

## "connect, socialize" Greek Life?



SEAN KIERNAN  
JUNIOR  
ART HISTORY

"Make sure (the club) aligns with your natural range of interests, so you can be engaged actively and gain better leadership skills."

## "build your resume"

## Clubs?

## Organizations? "don't be shy"

## "go out of your comfort zone"

## "gain better leadership skills"



COURTNEY CLAXTON  
SOPHOMORE  
COMM STUDIES

"Check out all that K-State has to offer. There might even be things that you haven't thought about before, like the skydiving club."

## "get involved"

## "a place you belong for the rest of your life"



ABDULRAHMAN ALKHIARY  
SENIOR  
POLITICAL SCIENCE

"If you have the chance, look for something more than clubs, look at Greek life. You can't consider them a club, but more a place you belong for the rest of your life."



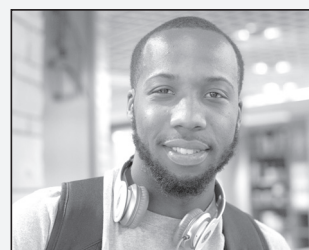
DAIJAH PORCHIE  
SOPHOMORE  
THEATER

"Getting involved is the best way to get the most out of your time here. If you're always in the dorm or apartment, you're not going to be having fun. The best way is to just get out there and get involved. It even builds your resume for when you get out of school."



AHRAH KIM  
SENIOR  
ACCOUNTING

"When (clubs) have social events and scholarship events, don't be shy – go to all of them and get to know the members."



TYRONE WILLIAMS  
SENIOR  
SOCIAL SCIENCES

"Investigate the organization you want to join. Talk to people, connect, socialize and make sure it fits you. Don't just do it because your friends are doing it. Don't do it if it's not you."

# Equestrian coach says this season's area of strength remains unknown

BY BRIDGET HOOVER  
THE COLLEGIAN

As the fall sports season comes into full swing, the equestrian team is preparing for an unpredictable semester.

All 49 women athletes on the roster will compete in either the Western or Hunter Seat concentration, though 20 of them are participating in their first year, making it difficult to set predictions for the fall season.

Head coach Casie Maxwell said the collegiate team rankings have not been posted, but should be available the first week of September.

"I think after this fall semester, we'll have a pretty good preview of where we stand and what to really expect from them," Maxwell said. "I can't tell you what our great area of strength is going to be right now."

This season, there are several opportunities to watch the Wildcats compete at home between the five home competitions and one scrimmage.

"It is a great way for peo-

ple to come out, understand the sport better and support K-State equestrian," Maxwell said.

All home competitions are free and open to the public and will be held at Timbercreek Stables, located at 9000 Elk Creek Road, Manhattan, Kansas (about four miles east of campus). Parking is available with signage and parking staff to direct spectators.

K-State equestrian features four captains this year, including seniors Madison Wayda and Savannah Smith, junior Danielle Kemper and sophomore Chelsea Buttermore.

Maxwell said captains are not chosen because they are the best competitors, but rather are voted on by their teammates. The coaches expect them to be supportive of team philosophies and goals and help keep the team on track while achieving those goals. Right now, they are focused on team building and getting adjusted to each other.

"They are people that, to their teammates have been leaders, have been committed to this team, to being a good athlete and a good student,"

Maxwell said.

Per NCAA rules, each athlete can only practice a maximum of 20 hours each week.

"On an average week, anywhere between 12 to 20 hours per week is what they're committing to working out in the weight room, to practicing and to team meetings," Maxwell said. "That does not include their class study time or anything – that is strictly athletically related."

According to Maxwell, the team tries to not excel in one area of competition over another, and is recruited and trained evenly.

"It's very equal between them," Maxwell said. "We expect the same out of all of them; we try not to be stronger in one area than the other."

Maxwell said K-State has 50 horses they compete on and that it is a random draw, whether it is a home or away competition, as to how the rider will perform. No one trains on one particular horse to get to know them.

"The whole goal of this program is to have a very versatile, very adaptable rid-

er," Maxwell said. "So, home or away, we're putting them on as many different hors-

es as possible, rotating them as often as we possibly can to prepare them to draw any

kind of horse. That is kind of what the program is based around."



EMILY DESHAZER | THE COLLEGIAN

Senior western rider **Margaret Peine** competes in the Equitation on the Flat on Sept. 8, 2013 at Timber Creek stables. K-State defeated Delaware State, Texas A&M and SMU, as well as Big 12 foe Oklahoma State.



## Food for thought: don't mindlessly stuff your face



PHOTO ILLUSTRATION BY MAURICIO CALDERA | THE COLLEGIAN

K-State's dining halls offer a wide variety of meals, and many students tend to choose to indulge their cravings rather than eat healthier options.

By LINDSEY TRUESDELL  
THE COLLEGIAN

Do you munch on chips while studying or head straight to the soft serve machine after a tough exam? If so, you are in good company.

Using eating to deal with stress is a common problem, especially in college. A 2011 study published by the University of Rhode Island concluded that coping with stress through eating was the greatest barrier towards healthy eating for college students.

Turning to food for comfort may seem like a quick fix for emotional distress, because eating carbohydrates increases our bodies' serotonin levels (the hormone associated with feelings of well-being and happiness) for a short amount of time. However, in the long term, eating in excess through-

out the day can build an unhealthy relationship with food and lead to potential weight gain.

There are ways to combat these cravings. Emerging research shows that mindful eating – a slow and thoughtful approach to food – may help people reduce emotional eating and unhealthy choices. Jean Kristeller, a psychologist at Indiana State University, conducted a study of 150 binge eaters and found that mindfulness-based therapy helped people feel more in control of their eating than standard psycho-educational treatment.

There are some strategies students can utilize to increase their capacity for mindful eating:

### Slow Down

Eating too quickly may result in consuming more food than your body needs to be satisfied. It takes the brain about

20 minutes to register that the body is full.

Try setting a timer for 20 minutes and use the full time to consume a normal-sized meal at a leisurely pace. If you're unsure of what a proper portion looks like, use the hand trick. For instance, one serving of meat, beans or nuts is 3 ounces, which is roughly the size of your palm. One serving of grains such as noodles, rice or oatmeal is generally a 1/2 cup, which is about a handful.

Other ways to slow down include eating with your non-dominant hand, using chopsticks if you're unfamiliar with them, or taking smaller bites and chewing well.

### Be aware

Mindlessly snacking while studying or streaming Netflix can result in losing track of how much you are eating. Instead, try to stay conscious about food by making

eating an experience. Allow yourself to be fully immersed by smelling the food, feeling its texture and savoring its flavor.

Large portion sizes are another way people forget to notice how much they are eating. Food psychologist Brian Wansink of Cornell University conducted an experiment, which found that people ate 34 to 45 percent more popcorn if it was served in a super-sized (240 grams) bucket rather than a medium container (120 grams) regardless if it was stale. Using smaller bowls, plates and cups can help reduce portion sizes.

### Understand hunger

It sounds simple to only eat when you're truly hungry, but for many it can be a struggle. Before you open that candy bar or box of crackers, ask yourself if you are actually hungry for food. If you're eating based off of emotional cues, rather than physical ones, no amount of food will satisfy your body.

There are other types of hunger we need to satisfy in order to feel nourished. Perhaps you're hungry for friendship and need to talk to someone. Maybe you're craving physical activity and should go for a walk. You could need some intellectual stimulation that would be better satisfied by reading a book.

College can be a tempting time to develop the habit of mindless eating; it presents new challenges and time-constraints that can be incredibly stressful. Though some level of stress is inevitable, turning to food – no matter how delicious – will not solve the root of the problem. By eating mindfully and choosing healthier ways of coping with stress, you can increase your health and overall happiness.

Lindsey Truesdell is a junior in nutrition and health. Please send comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).

## RCPD | Snow, ice doesn't stop bike cops from patrolling MHK streets

CONTINUED FROM PAGE 1

Comes said they can do nearly everything on bike that a police unit in a car can do, with the added element of being more exposed to the elements.

"In a car, you can't hear everything because you have the motor and the air conditioning and that kind of stuff blaring," Comes said. "You can't smell everything, because you only have a small window next to you. We get more exposure and people are more apt to talk to bike officers; we are more approachable than a cop car typically."

Dunn and Comes said people often ask them questions such as if they have ever shot anyone and what they do if a car runs from them.

"Of course we're not (go) after someone on a highway going 45 mph," Comes said. "That's why we like to stay closer to a residential area, so it's easier for us."

Dunn said RCPD bike cops are strategic about the areas where they conduct traffic stops.

"Typically, we'll set ourselves up at either a stop sign or a traffic light so that we can look and see traffic infractions out in front of us," Dunn said. "Then, they'll have to stop at either that traffic light or that traffic stop. While they're stopped, that will give us a chance to ride up next to their window and grab their attention."

Droge said the RCPD purchases some of their bikes from Big Poppi Bicycle Co. and some from The Pathfinder, both of which are local to Manhattan. Maintenance on the bikes is done at either store, depending on the bike. Droge said the RCPD does not have any type of contract with either.

Aaron Apel, co-owner of Big Poppi, said RCPD is tough on their bikes because of duty to keep Manhattan safe.

"They tear the crap out of the bikes," Apel said. "I mean, part of it is the nature of the work they are doing. They don't just ride on pavement; they ride on every terrain you could possibly think of and some terrains that you wouldn't traditionally think to ride on. They have one goal in mind, and that's to keep the public safe."

Apel said damages to the bikes are caused by regular police duties and by training, which involves simulating lifelike scenarios.

"Bikes get beat up when they're doing their training stuff too, because they like to take them down stairs and stuff like that (to simulate) rougher terrain," Apel said.

Opting to be on the bike team does have its disadvantages as well. In the winter, for instance, the officers continue their bike patrol. According to Dunn, the bikes can be utilized safely in approximately 4 inches of snow, but not in ice. Officers to have the ability to switch to a police car instead if it gets too cold for comfort or safety.

"For me personally, it's when the wind blows really hard," Dunn said. "It can be 5 degrees out and I'm okay with it if there's no wind. On the flip side, it can be 25 (degrees) and if the wind is blowing out of the north at 20 mph, it's going to be too much. It just goes right through you."

Despite the unique challenges bike cops face, Dunn said bike cops like to be out on patrol whenever they can.

"We are year-round," Dunn said. "So if we can be out there we'd like to be out there."

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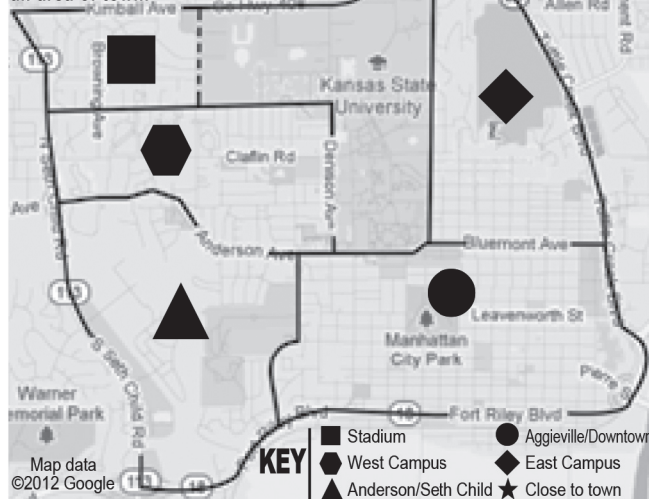
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# POWERCAT

## PROFILE

KATIE BRAND



By TIM EVERSON  
THE COLLEGIAN

The sound of volleyball practice ricochets off the aged-wood bleachers in historic Ahearn Field House. The field house falls silent as sophomore Katie Brand retrieves the dead ball and sets up once again.

In her mind, it's match point of the final set; the empty bleachers are filled with screaming fans, making Ahearn deafening. Though her coaches and teammates retreat toward the locker room, in her mind they're with her on the court, anxiously awaiting her serve.

When talking to people about Brand, it's nearly impossible to avoid talk of the red-shirt sophomore's work ethic. "Brand sets a standard for work that is unparalleled – and we have a lot of really hard workers on this team," K-State volleyball head coach Suzie Fritz said. "She's the player

JED BARKER | THE COLLEGIAN

Redshirt freshman setter **Katie Brand** bumps the ball during the match against the Texas Longhorns at Ahearn Field House on October 26, 2013.

who shows up about an hour early for practice, and she will stay about an hour late."

It's that work ethic that led her to be named to the All-Big 12 freshman campaign after a stellar freshman campaign that saw her, among other things, lead conference setters in kills, blocks and points.

It's that effort that led her to become the second K-State sophomore to be named to the All-Big 12 preseason watch list team.

Brand hails from Grand Island, Nebraska where she was a four-year varsity player for Central Catholic High School.

She was a part of a state championship team her junior year and is all over her high school's record books, ranking in the top 10 in kills, digs, blocks and assists. She also owns the record for kills in one match with 28.

Sharon Zavala, Central Catholic High School head coach and 40-year coaching

veteran, raved about Katie's energy and drive.

"I've always said that Katie has a motor, a motor that just won't quit," Zavala said. "She could play a full basketball game and then still practice volleyball afterwards. She has a desire to play and play so hard that it inspires."

It's that energy and drive that serves as a building block for Brand's leadership.

"I feel like I had to step up a lot this year, especially vocally," Brand said. "I've always believed in leading by example, and I think that is still a concept that will stick with me. However, this year I have to be more vocal as well."

While the coaches and players have seen her start to really take ownership of her leadership position, they've also noticed Brand's improvement across the board.

"She's more consistent," senior outside hitter Chelsea Keating said. "Last year was her freshman year, so going

into the Big 12 she was kind of shaky and it was a new experience. Just having a year under her belt will be great."

Not one to be content with playing it safe, Brand describes herself as a risk taker on the court, much to her coaches chagrin.

"I like to make the difficult set," Brand said. "That's not always what my coaches want. It's easier to set forward, but I like to run as far forwards as I can and jack the ball backwards."

As for her volleyball dreams after college, it's up in the air. But, if you listen to her high school coach, you'd think the stars are the limit.

"She will go as far as she wants to go," Zavala said. "You know, if she says she's going to make it to the Olympics, I don't doubt it."

With three full years left to play, Brand still has plenty of time to figure out the future. Right now, all she can do is visualize it.

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